

Let's Get Active

Name three benefits of physical activity that are important to you.

1. _____
2. _____
3. _____

Name two physical activities that you enjoy doing by yourself.

1. _____
2. _____

Name two physical activities that you enjoy doing with your friends, family, or children.

1. _____
2. _____

What are three ways that you could add 10 to 15 minutes of physical activity into your busy day?

1. _____
2. _____
3. _____

Name two ways that you could add walking into your busy day.

1. _____
2. _____

Name three examples of physical activity that are fun and low-cost.

1. _____
2. _____
3. _____

Name two places in your community where you can be physically active.

1. _____
2. _____

Name two organizations in your community that offer information on physical activity.

1. _____
2. _____

For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483. Funded by the USDA Food Stamp Program, an equal opportunity provider and employer.